

# SUSTAINABLE SUPERMARKET SHOPPING



Look for minimal  
or recycled

**PACKAGING**

Reduce your  
footprint by  
eating meat

**LESS**



Choose receipts  
that are

**DIGITAL**

Save money by  
shopping in

**BULK**



Buy

**SEASONAL**

&

**LOCAL**



**BIKE**

or park  
farther  
away



Avoid multiple  
trips by planning

**AHEAD**



Shop the store's

**PERIMETER**



AUBURN  
UNIVERSITY

OFFICE OF SUSTAINABILITY



@AUsustain



Look for  
ingredients you can

**PRONOUNCE**

Keep an eye out for

**CERTIFICATIONS**

